

WHY IS SPORT IMPORTANT?

Sport is a powerful tool for young people with ADHD because it:

- improves **focus** and self-regulation,
- enhances **self-esteem** and motivation,
- **encourages** socialization and teamwork,
- supports both physical and emotional **well-being**.

COMMON CHALLENGES IN SPORT

Young people with ADHD may **face some difficulties**, such as:

- **distraction** during training,
- **impulsive** decision-making,
- **difficulty** following complex rules,
- managing emotions in competitive settings.

WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (**ADHD**) is a **neurobiological condition** that affects the ability to focus, control impulsivity, and regulate activity levels.

It is not an insurmountable **limitation, but a** **characteristic** that can be managed with the right strategies.



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**WITH PROPER
PREPARATION, THESE
CHALLENGES CAN BECOME
OPPORTUNITIES FOR
GROWTH.**



GOOD COMMUNICATION PRACTICES

For effective communication:

- speak with a **calm** and reassuring tone,
- **avoid direct criticism** and use constructive suggestions instead,
- **adapt explanations** to the young person's preferences,
- **involve them actively** in preparing activities.

HOW TO SUPPORT YOUNG PEOPLE WITH ADHD

Coaches and staff can make a real difference by **adopting inclusive strategies:**

- **provide short**, clear, step-by-step **instructions**,
- **use visual** aids, timers, or color signals,
- **highlight** strengths and **progress**,
- introduce structured breaks,
- encourage the young athlete with **positive feedback**.

SPORT AS AN OPPORTUNITY

Including young people with ADHD in sport not only provides them with a **safe and motivating environment**, but also enriches the team with **new energy, creativity, and perspectives**.

Inclusion is a benefit for **everyone**: young athletes, families, coaches, and the whole sports community.



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